



Older Washingtonians Month Activities

Event name: **GET UP AND GO: A Falls Prevention Program**
 Sponsor(s); American Geriatrics Society/Foundation for Health in Aging
 Date(s); May 2, 10 am – 7 pm
 Place: Union Station, 1st & Massachusetts Ave. NE, West Hall,

The “Get Up and Go” event will offer on-site geriatric health care professionals and volunteers who will be available to consult with seniors and offer guidance on how to recognize warning signs of balance, gait and mobility problems and avoid the risk of falling. This free public event will feature free screenings and one-on-one education on falls prevention for older adults and their caregivers

Event Name: **Free Workshop for All Who Care for Seniors**
 Sponsor(s) S.O.M.E.
 Date (s) May 3, 2008, 9 am - 12 pm
 Place: St. Francis Xavier, 28th & Penn Avenue SE

Workshop on seizures in older adults, spirituality, responding to abuse and grieving

Contact: Jenna Jones at (202) 581-8000 x104 by April 24

Event name: **AARP Day of Volunteer Service**
 Sponsor(s); AARP
 Date(s); May 8
 Place: Various Sites

AARP employees volunteer with community projects throughout the city.

Contact: (202) 434-7703

Event Name: **AARP Legal Rights Fair**

Sponsor(s): AARP

Date May 8. 10:30 – 2pm

Place: King Greenleaf , 201 N Street SW

Events that will offer free legal advice with Medicare/Medicaid Info and Resources, Public Benefits, Landlord Tenant Law, Nursing Home Problems and other Services. A free box lunch is available for those who register for the event.

Contact: Registration required call 202-434-7888

Event name: **Senior Golden Olympics**

Sponsor(s); DC Parks and Recreation/DC Office on Aging

Date(s); May 6-9, 2008

Places: **May 6**

Opening Ceremony (11 am)- Emery Recreation Center
Basketball (1 pm) - Emery Recreation Center,
Swimming (1 pm) Takoma Aquatic Center
Bowling Singles (all ages) (2 pm) Capital Plaza Lanes

May 7

5k (8:30 am) 10K (8:45am), 1500M Race Walk (9 am),
Long Jump(9am)Softball Throw(9am)-Coolidge High
3 on 3 Basketbal (9 am)– Emery Recreation Center
50 M Dash-Finals (10am)- Coolidge High School
Tennis Event (10 am) – SE Learning Center
Football Throw (10 am) –Coolidge High School
Shot Put (10 am) Coolidge High School
Swimming (10 am)-Takoma Aquatic Center

May 8

Golf Tournament (8 am)- Langston Golf Course
3 on 3 Basketball–Finals (9 am)-Emery Rec Center
Tennis-Doubles/Mixed (10 am)- SE Learning Center
Horseshoe Pitching (10 am) –Kenilworh/Parkside
Swimming (10 am) Takoma Aquatic Center
Bowling (2 pm) – AMF Capital Plaza Lanes

May 9

Golf Tournament (8 am)- Langston Golf Course
8 Ball Pool (10:30 am)- Ft. Stevens Recreation Center
Table Tennis Events (11 am)- Ft. Stevens Rec Center
Closing Ceremony (4:30 pm) – Ft. Stevens Rec Center

Annual event for persons age 50 and older compete in several competitive sporting events including track and field, tennis, swimming, archery, bowling, etc.

Contact: (202) 671-0335/574-6440 to register for competition
(202) 671-0335

Older Washingtonians Month Activities (Continued)

Event name: **44th Annual Senior Citizens' Day**
Sponsor(s): D.C. Office on Aging and Senior Service Network
Date(s): May 14, 2008, 10 am - 2 pm
Place: D.C. Armory, 2001 East Capitol Street S.E.

The theme is "Building Stronger Senior Communities." This annual citywide event is for senior citizens and includes health screenings, an energy efficient home demonstration, sign-up for the stimulus payment and rent rebate will be available and information on public and non-profit services, lunch, entertainment, giveaways and dancing.

Contact: (202) 724-5626 for tickets and more info

Event name: **Annual Senior Health and Fitness Day**

DATE: May 28, 2008
TIME: 9:00 am – 4:00 pm
PLACE: Congress Heights Senior Wellness Center
3500 Martin Luther King Jr. Avenue SE
(202) 563-7225
Model Cities Senior Wellness Center
1901 Evarts Street NE
(202) 635-1900
Washington Seniors Wellness Center
3001 Alabama Avenue SE
(202) 581-9355
Hattie Holmes Senior Wellness Center
324 Kennedy Street NE
(202) 291-6170

Stop by and visit one of the Centers for senior health and wellness activities.

Event name: **Annual Senior Legislative Day**
Sponsor(s): Congressman Eleanor Holmes Norton
Date(s): May 28, 2008 , 11am - 2 pm
Place: Federal Trade Commission, 425 12th Street SW

At this annual luncheon Congresswoman Eleanor Holmes Norton will discuss legislation as it affects seniors. This year the focus will be on the digital change slated for next year with a panel of experts.

Contact: Lavonna Johnson (202) 783-5063 to Register